

## Project Heart Start - Teacher Answer Sheet



1. If someone collapsed suddenly in front of you, what should you do?
  - b.** Call 911 then immediately compress the center of the chest 100-120 times per minute.
2. When performing chest compressions, where do you place the heel of your hands?
  - a.** On the center of the chest at the level of the armpit.
3. How fast do you push on the chest when performing chest compressions?
  - c.** 100-120 times per minute
4. How far down should you compress on the chest to properly circulate the blood?
  - b.** 2-2.5 inches
5. If an adult or child is choking and cannot speak or breathe, you should:
  - b.** Call 911 and perform the Heimlich maneuver – also called abdominal thrusts.
6. How do you perform the Heimlich maneuver?
  - a.** Stand behind the victim and wrap your arms around their abdomen above the belly button. Clench both hands together in a fist and rapidly squeeze upward and inward.
7. What is an AED (automated external defibrillator)?
  - a.** It is used to shock the heart back to a normal rhythm.
8. If someone you are with is having chest pains how long should you wait to call 911?
  - a.** 10 minutes
9. I feel confident that I would be able to perform CPR if I witnessed someone collapse?
  - a.** Yes
10. I feel confident that I would be able to perform the Heimlich maneuver if someone was choking and could not speak.
  - a.** Yes

